



SALADS...

cool, crisp and colorful

by MABEL DOREMUS

SALADS . . .

SALADS are a versatile food that is becoming more and more important in the daily diet. A salad may be served as an appetizer at the beginning of the meal, as an accompaniment to the main course, as a separate course, or as a dessert. A hearty salad may even be served as the main dish. Last but not least, there is a refreshment type of salad.

Salads add eye appeal, flavor interest, and texture contrast, as well as a wealth of food value to your meals.

FOOD VALUE OF SALADS

Green and yellow vegetables and yellow fruits contain vitamin A. This vitamin is needed for growth, a smooth clear skin, and healthy membranes that line the mouth, nose, lungs, and other parts of the body. Vitamin A also helps to prevent night-blindness.

Leafy green vegetables, tomatoes, citrus fruits, strawberries, cantaloupe, and raw cabbage provide vitamin C, which is needed for good teeth, healthy gums, and strong blood vessels. It is necessary also for the normal healing of wounds. Green vegetables, especially leafy ones, also contain iron, which is needed to build good red blood. Calcium is necessary for the clotting of the blood and for the normal action of the muscles.

Salads made with meat, poultry, fish, cheese, and eggs also provide protein for growth and repair of body tissues.

PREPARING SALAD INGREDIENTS

Salads will be good to look at and even better to eat if their ingredients are cold, crisp, fresh, and colorful. Tossed salads should be put together with a light touch, and individual salads arranged simply.

For appetizing, interesting salads, remember these preparation suggestions:

1. Use clean, chilled, crisp salad greens.
2. Choose ingredients that provide a variety of color, flavor, shape, and texture.
3. Have pieces large enough to keep the food's identity.
4. Boil any home-canned vegetables or meats 10 minutes before chilling.
5. Chill and drain canned fruits and vegetables.
6. Save vitamin C in vegetables by using a sharp knife for shredding, and toss with a wooden spoon and fork or two silver forks.

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7. Prevent discoloration of light fruits by dipping them in citrus or pineapple juice.
8. Peel tomatoes in one of three ways:
 - a. Rub tomato with back of knife to loosen skin, then peel.
 - b. Dip tomato in boiling water, peel, and chill.
 - c. Put tomato on fork and hold over flame, peel, and chill.
9. Peel and section citrus fruits by either of these methods:
 - a. Cut off top, score in sixths with a knife, and strip off peel. Break into sections and remove membrane from each one.
 - b. Cut thin slice from top; then pare fruit round and round like an apple. To section, cut along each dividing membrane. Lift out section whole.
10. Hard-cook eggs for salads by the following method: Place them in cold water. When the water simmers, start timing the eggs. Simmer for 15-20 minutes. Plunge eggs at once into cold water for a few minutes before removing the shell. This helps to prevent dark rings forming around yolks.

SERVING SALADS

Salads may be served on individual plates, or in wooden bowls, on a large platter or plate, or in an attractive serving bowl. Chill serving dishes.

For individual salads or platter salads, lettuce or other greens may form a cup in which salad is placed, or greens may be shredded and the salad placed on top. The greens should not extend over the rim of the plate.

Add the salad dressing to the salad just before serving except when ingredients are to be marinated or when the dressing is needed to help prevent fruits from discoloring. Sometimes the dressing is passed at the table.

If you wish to add garnishes, see page 19 for suggestions.

The salad is easier to cut when it is placed to the left of the dinner plate. When the salad is served as an accompaniment to a meal, the salad fork should be placed at the left of the plate. When the salad is a course in itself and no knife is needed, the fork is placed at the right of the plate. For informal service the dinner fork is often used for both main course and salad.

It is considered good manners to eat every bit of the food on the salad plate and to use both knife and fork for cutting if necessary.

Salad Greens and Herbs

Any green or combination of greens can be used in a salad. Some types of lettuce include leaf lettuce; iceberg lettuce, a head lettuce that is available all year around; and big Boston, a head lettuce somewhat softer and lighter than iceberg. Watercress, raw spinach, escarole, romaine, chicory, or curly endive are obtainable in many areas and add interest and variety to green salads.

Remove wilted leaves and wash greens thoroughly. Pat dry with a soft towel and chill. Heads of lettuce are easily cleaned and leaves loosened if the core is removed with a pointed knife and the lettuce held under cold running water until leaves are forced apart.

Fresh herbs such as chives, parsley, and mint are welcome additions to many green salads. A sprinkling of other finely chopped herbs such as basil, tarragon, chervil, and dill gives a subtle flavor. Or you may want to make an herb vinegar from fresh herbs in season or with dried herbs. One possible combination could be balm, mint, marjoram, savory, tarragon, and basil. Put herbs in a pint jar and add one pint of fine-quality vinegar. Cover tightly and let stand ten days at room temperature. Strain, bottle, and store in a cool place. Use for flavoring salad dressings, soups, fish sauces, and pickles.

TOSSED SALADS

The tossed salad is one of the most popular salads. It may be a tossed green salad or a combination of greens and other vegetables.

Many people feel that a tossed green salad is best when made in a wooden bowl rubbed with cut garlic. Break or tear lettuce and other greens into the garlic-rubbed salad bowl. Sprinkle lightly with salad oil. Try to coat each piece lightly, with no excess oil. Add salt and herb-flavored or plain vinegar and toss lightly in the bowl, using a fork and a spoon or two forks. Slices of cucumber, onion, radishes, green pepper, and finely chopped chives may be tossed with the greens.

The flavor of cooked vegetables, meat, and fish is improved if they are marinated in French dressing before combining in the salad. Any excess of the marinade should be poured off before combining the vegetables with the rest of the salad ingredients. Salad greens are not marinated, since a marinade wilts greens and draws out juices.



Water Cress



Leaf Lettuce



Head Lettuce



Big Boston Lettuce



Romaine



Parsley

Other suggestions for tossed green salads

1. Break or tear up lettuce, endive, romaine, or raw spinach. Add cut green onions or scallions. Toss lightly with French dressing. Chill. Garnish with grated yolk of hard-cooked egg.
2. Mix watercress, endive, thinly sliced radishes, romaine, and raw cauliflower thinly sliced or in flowerets; toss lightly with French dressing.
3. Combine bite-size pieces of romaine, parsley, watercress, lettuce, and celery tops. Add sliced onions, cucumber, and crumbled blue cheese or shredded sharp cheese. Toss lightly with French dressing.

Tossed Vegetable Salad

Yield: 6 to 8 servings

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|---|---|
| 1 clove garlic | $\frac{1}{8}$ teaspoon basil, if desired |
| $\frac{1}{2}$ head lettuce, shredded | Few strips of American cheese or crumbled blue cheese |
| 2 cups raw spinach or Swiss chard | $\frac{1}{2}$ cup celery diced, or $\frac{1}{4}$ cup Chinese cabbage, thinly sliced |
| 2 tomatoes, peeled and quartered | Salt |
| 1 cucumber, sliced | $\frac{1}{4}$ cup French dressing |
| 8 radishes, diced or sliced | |
| $\frac{1}{4}$ teaspoon marjoram, if desired | |

1. Rub wooden bowl with cut garlic clove.
2. Combine ingredients in bowl, salt to taste.
3. Just before serving, toss lightly with French dressing.

Coleslaw I

Yield: 6 servings

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|-------------------------------|------------------------------|
| 1 small onion, minced | 2 slices bacon |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ cup vinegar |
| $\frac{1}{8}$ teaspoon pepper | $\frac{1}{2}$ teaspoon sugar |
| 4 cups shredded raw cabbage | |

1. Add minced onion, salt, and pepper to the shredded cabbage.
2. Fry the bacon until crisp, dice it, and add to cabbage mixture.
3. Combine vinegar, sugar, and bacon fat, and bring to boil.
4. Toss salad with hot dressing. Serve immediately.



Chinese Cabbage



Green Cabbage



Spinach



Escarole or Broad Leaf Endive



Curly Endive or Chicory

Coleslaw II

Yield: 6 to 8 servings

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|---------------------------------------|------------------------------------|
| 4 cups shredded raw cabbage | $\frac{1}{2}$ teaspoon celery seed |
| $\frac{1}{2}$ cup mayonnaise dressing | 1 teaspoon sugar |
| 2 tablespoons vinegar or lemon juice | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon grated onion | $\frac{1}{8}$ teaspoon pepper |

1. Place shredded cabbage in a bowl.
2. Combine the mayonnaise, vinegar or lemon juice, grated onion, celery seed, sugar, salt, and pepper.
3. Mix shredded cabbage with the dressing.
4. If desired, serve in lettuce cups. Garnish with a dash of paprika, or a strip of pimiento or green pepper.

Variation: For calico or red and white slaw, substitute 2 cups shredded red cabbage for 2 cups of white cabbage.

Indian Coleslaw

Yield: 6 servings

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| 4 cups shredded cabbage | $\frac{1}{2}$ cup thinly sliced onion |
| 1 cup canned whole kernel corn | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup chopped pimiento | $\frac{1}{2}$ cup mayonnaise |
| $\frac{1}{4}$ cup chopped green pepper | |

1. Put the cabbage, corn, pimiento, pepper, and onion in salad bowl.
2. Add salt and dressing; toss lightly with fork until well mixed.
3. Chill and serve.

Other cabbage salad suggestions

1. Mix lightly 2 cups shredded cabbage with 1 cup chopped or grated carrot, $\frac{1}{2}$ cup cooked salad dressing, salt to taste, and $\frac{1}{2}$ cup chopped peanuts.
2. Combine 2 cups shredded cabbage with 1 cup unpeeled, diced, red apples, $\frac{1}{2}$ cup chopped raisins or dates, and $\frac{1}{2}$ cup cooked salad dressing.
3. Combine 2 cups shredded cabbage with 1 cup drained fresh or canned crushed pineapple, $\frac{1}{3}$ cup cooked salad dressing, and 1 tablespoon lemon juice. Garnish with a dash of paprika.
4. Combine 2 cups shredded cabbage with 3 tart red apples diced, unpeeled, $\frac{2}{3}$ cup mayonnaise or cooked salad dressing, $\frac{1}{4}$ pound Swiss cheese strips, salt to taste, and a few grains cayenne pepper. Serve in salad bowl.
5. For the buffet table, try serving cabbage slaw in orange shells. Place on tray with parsley or watercress garnish.

Raw Beet and Peanut Salad

Yield: 6 servings

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| 2 cups shredded raw beets | 1 tablespoon lemon juice |
| 1 cup chopped salted peanuts | Salt |
| 2 tablespoons mayonnaise | Pepper |
| $\frac{1}{4}$ cup French dressing | 6 lettuce cups |

1. Pare raw beets and shred them. Mix with peanuts.
2. Blend dressings with lemon juice, add to beets and mix well. Add salt and pepper to taste.
3. Serve in lettuce cups. Garnish top with more mayonnaise if desired.

Potato Salad

Yield: 8 servings

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|---|--|
| 4 cups diced cooked potatoes | 4 hard-cooked eggs, diced |
| $\frac{1}{2}$ teaspoon celery seed | $\frac{1}{2}$ cup each of mayonnaise and |
| 1 teaspoon salt | cooked salad dressing, mixed |
| Pepper | together |
| $\frac{1}{2}$ cup chopped green onions or | 1 tablespoon prepared mustard |
| scallions with tops | 3 tablespoons vinegar (could be |
| 1 $\frac{1}{2}$ cups thinly sliced celery | from sweet pickles) |
| $\frac{1}{2}$ cup sweet pickle relish | Salad greens |

1. Add to potatoes the seasonings, onion, celery, relish, and diced hard-cooked eggs.
2. Blend salad dressings with mustard and sweet pickle vinegar. Add about $\frac{1}{2}$ dressing mix to potatoes and toss lightly until ingredients are well coated.
3. Cover and chill thoroughly. Add remaining salad dressing and toss again. Serve on salad greens in a wooden bowl, and garnish with quartered hard-cooked eggs, radish roses, or strips of pickle and pimiento.
4. If preferred, salad may be packed into a ring mold, chilled, then turned out and "frosted" with additional mayonnaise.



Everybody's favorite—potato salad

Potato Cheese Salad Ring

Yield: 6 to 8 servings

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| $\frac{1}{4}$ cup French dressing | $\frac{1}{4}$ cup diced green pepper |
| $\frac{1}{4}$ cup mayonnaise | 2 tablespoons finely chopped onion |
| 2 cups diced cooked potatoes | 2 tablespoons chopped parsley |
| 3 hard-cooked eggs, sliced | 1 to $1\frac{1}{2}$ teaspoons salt |
| 2 cups cottage cheese | Endive or other salad greens |
| $\frac{1}{4}$ cup diced pimiento | |

1. Blend French dressing and mayonnaise; add potatoes and eggs; let stand a few minutes. Add remaining ingredients.
2. Mix gently but well.
3. Press lightly into 9-inch ring mold. Chill several hours.
4. Loosen sides of salad from mold with knife and unmold on salad greens. Garnish with radishes and sliced olives.

Cooked Bean Salad

Yield: 6 servings

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| 2 cups cooked beans (kidney, snap, or Lima) | 1 cup diced celery |
| 2 hard-cooked eggs, diced | 1 cup diced American cheese |
| 1 tablespoon minced onion | Salt and pepper to taste |
| $\frac{1}{3}$ cup diced sweet pickles | $\frac{1}{2}$ cup mayonnaise |
| | Salad greens for garnish |

1. Drain beans and add diced eggs, onion, sweet pickles, celery, cheese, seasonings, and mayonnaise.
2. Serve on individual plates on crisp greens or in a salad bowl.

Tomato Pinwheel Salad

Yield: 6 servings

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| 6 medium-sized tomatoes | $\frac{1}{2}$ cup chopped chives or stuffed olives |
| 2 cucumbers | |
| Salt and pepper | $\frac{1}{2}$ cup cooked salad dressing or mayonnaise |
| 2 cups cottage cheese | |

1. Wash tomatoes and remove stem end; chill.
2. Peel and score cucumbers on all sides lengthwise with the tines of a fork; cut into thin slices.
3. Cut a slice from the top of a tomato; cut rest of tomato petal-fashion about two-thirds of the way down; insert a cucumber slice between each petal.
4. Sprinkle with salt and pepper, stuff with cottage cheese mixed with chives or chopped olives. The cottage cheese may need to be moistened with cream or salad dressing.

5. Serve mayonnaise or cooked salad dressing on the side or top of the salad.

Variation: Stuff tomato with a mixture of diced cucumber, celery, grated onion, and mayonnaise.

Raw Vegetable Relish Tray

For a finger salad or a relish tray, use any one or a combination of the following raw vegetables:

Beet strips or slices	Green onions
Carrot strips or curls	Green or red pepper rings or strips
Cauliflower flowerets or slices	Lettuce wedges
Celery strips or curls	Radishes
Cucumber, sliced or cut in finger-length pieces, peeled or unpeeled	Turnip or rutabaga strips

FRUIT SALADS

Apple and Carrot Salad

Yield: 6 servings

3 unpeeled apples, coarsely diced	1 to 2 tablespoons lemon juice
2 cups shredded raw carrots	Salt and pepper
$\frac{1}{4}$ cup onion, finely minced	Lettuce
$\frac{1}{2}$ cup sour cream	

1. Combine the apples with grated carrot and minced onion.
2. Add sour cream, blended with lemon juice, and salt and pepper to taste.
3. Serve on lettuce.

Minted Apple Salad

Yield: 6 servings

6 apples	2 to 4 drops peppermint oil or extract
2 cups sugar	$\frac{1}{4}$ lb. American cheese, shredded
2 cups water	Mayonnaise
$\frac{1}{4}$ teaspoon green food coloring	Watercress or parsley

1. Core and peel apples and simmer until transparent, but not soft, in a sirup made of the sugar, water, green coloring, and peppermint.
2. Remove from sirup and cool.
3. Fill centers with shredded American cheese and top with a swirl of mayonnaise and a sprig of watercress or parsley.

Apple Whirl Salad

Yield: 6 servings

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| 4 medium apples, cored and sliced | 2 tablespoons cream |
| $\frac{1}{4}$ cup lemon juice | $\frac{1}{2}$ cup nuts, chopped |
| 1 12-ounce pkg. cream cheese | Salad greens |
| | $\frac{1}{2}$ cup French dressing |

1. Dip unpeeled apple slices in lemon juice, and arrange about 7 slices, overlapping slightly, on salad greens on each salad plate.
2. Thin the cream cheese with the cream. Make about 18 cheese balls and roll them in the chopped nuts.
3. Arrange 3 cheese balls with the apple slices on each plate.
4. Serve with French dressing.

Prune Peanut Salad

Yield: 4 servings

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| 12 cooked prunes | Salt to taste |
| $\frac{1}{3}$ cup cottage cheese | Mayonnaise |
| 1 teaspoon grated orange rind | Lettuce |
| 2 tablespoons chopped peanuts | |

1. Pit and chill prunes.
2. Mix together the cottage cheese, orange rind, peanuts, and salt.
3. Moisten the mixture with mayonnaise and stuff into prunes.
4. Serve on crisp lettuce.

Cinnamon Pear Salad

Yield: 6 servings

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| 6 canned or fresh pear halves | 2 cups cottage cheese |
| 2 sticks cinnamon | Lettuce or endive |
| $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon red coloring | Salad dressing |

1. For canned pears, cook the juice with 2 sticks of cinnamon and $\frac{1}{4}$ teaspoon red coloring. Cool sirup and let pear halves stand in it until red. For fresh pears, make a sirup of equal amounts of sugar and water with $\frac{1}{4}$ teaspoon red coloring, add the pear and 2 sticks of cinnamon, cook a few minutes, then cool.
2. For each serving, place $\frac{1}{3}$ cup cottage cheese on lettuce or endive. Place pear half, round side up, on cheese so there is a border of cheese around the pear. Serve with salad dressing or mayonnaise.

Blue and Gold Salad

Yield: 6 servings

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| 12 canned peach halves | 2 tablespoons lemon juice |
| Endive or lettuce | $\frac{1}{2}$ package cream cheese, $1\frac{1}{2}$ ounces |
| 1 cup blueberries, fresh or frozen | $\frac{2}{3}$ cup mayonnaise |

1. Arrange two peach halves, hollow side up, on endive or lettuce.
2. Heap about a tablespoon of blueberries in each half.
3. Beat together lemon juice, cream cheese, and mayonnaise. Place a small mound beside fruit or serve in separate dish.

Grapefruit and Avocado Salad

Yield: 6 servings

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| 3 grapefruit | Lettuce or endive |
| 1 avocado | French dressing |

1. Pare grapefruit with a sharp knife; remove sections by cutting between the membrane.
2. Peel avocado, halve, and remove seed. Cut avocado in thin slices.
3. Arrange grapefruit and avocado alternately on crisp lettuce or endive.
4. Serve with French dressing.
5. If desired, omit avocado, arrange grapefruit on greens, and sprinkle with pomegranate seeds. Orange and grapefruit sections may be used.

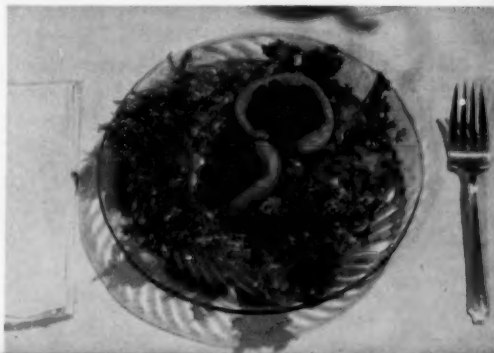
Black-eyed Susan Salad

Yield: 4 servings

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| 2 grapefruit | Mayonnaise |
| 2 oranges | 8 ripe olives, chopped |
| Endive or shredded lettuce | |

1. Pare grapefruit and oranges with a sharp knife; remove sections by cutting between membrane.
2. Allow 4 sections each of orange and grapefruit for each salad.
3. Arrange on a bed of endive or shredded lettuce, alternating the sections.
4. Fill the center with mayonnaise topped with chopped ripe olives.

A colorful plate of Blue and Gold Salad



Frozen Fruit Salad

Yield: 8 servings

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| 1 teaspoon gelatin | $\frac{1}{4}$ cup chopped nuts |
| 2 tablespoons lemon juice | $\frac{1}{4}$ cup quartered maraschino cherries |
| 1 3-ounce pkg. soft cream cheese | |
| $\frac{1}{4}$ cup mayonnaise | 1 $\frac{3}{4}$ cups drained crushed pineapple or diced fruit, canned or fresh (except fresh pineapple) |
| $\frac{1}{4}$ teaspoon salt | Salad greens |
| 2 tablespoons sugar | |
| $\frac{1}{2}$ cup heavy cream, whipped | |

1. Turn refrigerator dial to coldest setting.
2. Soften gelatin in lemon juice in glass measuring cup. Set cup in pan of boiling water, stirring occasionally, until gelatin dissolves. Add to combined cheese, mayonnaise, salt, and sugar, and blend well.
3. Fold in whipped cream, nuts, and fruit. Pour into refrigerator tray and freeze.
4. Slice and serve on salad greens.

Fruit Salad Plate

Yield: 10-12 servings

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| 2 red apples | $\frac{1}{4}$ cup granulated sugar |
| 2 pears | 1 cup cottage or cream cheese |
| 2 oranges | $\frac{1}{4}$ cup finely chopped nuts |
| 6 slices pineapple | Lettuce, watercress, endive, or other salad greens |
| 2 bananas | Sweet French dressing |
| 1 pound grapes | |
| $\frac{1}{4}$ pound prunes | |

1. Wash fresh fruits and chill.
2. Wash prunes. Cover with cold water and cook over low heat in a tightly covered saucepan until tender (about 45 minutes). Add 1 tablespoon of the sugar. Chill and remove seeds. Stuff with $\frac{1}{4}$ cup of cottage cheese.
3. Cut bunch of grapes into small clusters, dip in pineapple juice. With a teaspoon, sprinkle remaining granulated sugar over each grape and chill.
4. From $\frac{3}{4}$ cup cottage cheese, make balls about the size of a large cherry. Roll them in finely chopped nuts.
5. Cut apples into quarters leaving the red skins on. Core and slice into about eighths or twelfths; marinate in pineapple juice. Fix pears the same way. Peel oranges and heap segments alternately with apple slices.
6. Peel bananas, score on all sides with a fork, and slice diagonally; marinate in pineapple juice.

7. Arrange separate rows of pineapple, pears, stuffed prunes, frosted grapes, banana slices, orange-apple mounds, and cheese balls on large plate with salad greens.
8. Serve with Sweet French Dressing (for recipe see page 17).

Fresh Fruit with Melon Ring

Yield: 4 servings

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| 1 cantaloupe or honeydew melon | Salad greens |
| 2 cups mixed fresh fruit (pineapple, berries, cherries, peaches) | |

1. Peel melon, remove seeds, and cut into 4 rings.
2. Place each ring on salad greens and arrange about $\frac{1}{2}$ cup of mixed fresh fruit in a melon ring for each serving. Pass French dressing if desired.

MOLDED SALADS

GELATIN salads may be prepared ahead of time and unmolded on salad greens at serving time. They may be made from unflavored gelatin soaked in hot liquid and then added to cool liquid, or they may be made from flavored, sweetened gelatin.

When adding fruits, vegetables, or meats, prepare the gelatin and let it partially set, then add the salad mixture. This way the foods will be mixed evenly throughout the gelatin and will not sink to the bottom.

When using fresh pineapple in gelatin salad, be sure to cook it first and cool it. Otherwise the gelatin will not jell. (Cook pineapple just until it becomes soft.)

To keep the shape of molded salads, rinse the mold with cold water just before the gelatin is poured in, or oil the mold lightly with salad oil. After the gelatin is set, dip the mold into hot water and turn out onto serving plate.

A tempting fruit salad arrangement



Tomato Aspic Salad

Yield: 8 small molds

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| 3 cups tomato juice | 2 slices onion |
| 2 tablespoons gelatin | 2 teaspoons celery seed |
| $\frac{1}{2}$ teaspoon salt | Salad greens |

1. Mix $\frac{1}{2}$ cup tomato juice with the gelatin; let it stand.
2. Heat remaining tomato juice with the salt, onion, and celery seed.
3. Pour the hot tomato juice into the gelatin and stir until dissolved; strain the mixture.
4. Pour into individual molds or into a ring mold.
5. Chill until firm; unmold on salad greens.

Variation: Cottage cheese tomato aspic salad. When the tomato aspic begins to set, stir in 1 cup cottage cheese. Continue chilling. Or, seasoned cottage cheese may be placed in the center of the jellied ring on a large plate.

Cranberry and Apple Salad

Yield: 8 servings

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|------------------------------------|----------------------------------|
| 2 cups cranberries | $\frac{1}{4}$ cup ground peanuts |
| 1 cup water | $\frac{1}{4}$ cup chopped apple |
| 1 cup sugar | $\frac{1}{2}$ cup diced celery |
| $1\frac{1}{2}$ tablespoons gelatin | Lettuce |

1. Cook cranberries in water until soft. Put through a sieve, add sugar, and cook 5 minutes more.
2. Add gelatin which has been softened in a little cold water, and cool.
3. When partially thickened, add peanuts, apple, and celery.
4. Put into individual molds and chill.
5. When firm, turn out on crisp lettuce leaves and top with mayonnaise.

Molded Pineapple and Cheese Salad

Yield: 6 servings

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| 1 cup canned crushed pineapple | $\frac{1}{4}$ cup lemon juice |
| 1 tablespoon gelatin | 1 cup shredded sharp American cheese |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup diced unpeeled apples |
| $1\frac{1}{2}$ cups pineapple juice, or juice and water | Salad greens |
| $\frac{1}{2}$ teaspoon salt | Salad dressing |

1. Drain the pineapple, saving the juice.
2. Soften gelatin in cold water. Stir over boiling water until dissolved. Add

- pineapple juice, salt, and lemon juice; mix well. Chill until partially set.
3. Fold in pineapple, cheese, and apple.
 4. Pour into a 1-quart mold, first rinsed in cold water. Chill until firm.
 5. Unmold on a bed of salad greens and serve with mayonnaise or cooked salad dressing.

CHICKEN AND FISH SALADS

Chicken Salad

Yield: 6 servings

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| 2 cups cooked chicken | 2 tablespoons cream |
| 1½ cups diced celery | 1½ teaspoons lemon juice |
| ½ cup mayonnaise | Salt and pepper to taste |
| 2 pimientos, finely chopped | Salad greens |

1. Lightly toss all ingredients together.
2. Serve in lettuce cups garnished with ripe olives and parsley.

Variation: Make twin salads of one-half cup of chicken salad in one lettuce cup and a small tomato aspic mold in another lettuce cup.

Tuna Fish and Apple Salad

Yield: 4 servings

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| 1 cup tuna fish | Mayonnaise to moisten |
| 2 medium-sized red tart apples | 1 hard-cooked egg, sliced |
| 2 teaspoons lemon juice | |

1. Drain and flake the tuna fish.
2. Cut the unpeeled apples into cubes.
3. Add the lemon juice.
4. Lightly mix the tuna fish and apples with the mayonnaise.
5. Serve the salad on lettuce; garnish with slices of hard-cooked egg.

Twin salads of tomato aspic and chicken



SALAD DRESSINGS

There are three basic types of salad dressings: French dressing, mayonnaise, and cooked salad dressing. These main types may be varied by adding a variety of seasonings and other ingredients. Sour cream and a few others fall into a special class.

There is no one salad dressing that fits every salad. It is a good plan to keep jars of the best liked types of dressings on hand and use where best suited.

French dressing goes well with salad greens and many vegetable and fruit salads. Mayonnaise dressing may be used with meat, fish, chicken, certain fruit salads, and cooked vegetable salads. Cooked dressing is often served with fruit salads.

Keep salad dressing tightly covered in the refrigerator. Do not freeze. At a very cold temperature, mayonnaise may separate and French dressing becomes cloudy.

Always shake French dressing well before using, to combine oil and vinegar, which separate when standing. Use fruit juice, tomato juice, or cream to thin mayonnaise. To thin cooked dressing, use sweet or sour cream.

Mineral oil in salad dressings may have harmful effects which far outweigh any advantages. It prevents the body from utilizing some of the most important nutrients in food. Its use may actually create nutritional deficiencies.

French Dressing

Yield: 1 cup

$\frac{3}{4}$ cup salad oil

$\frac{1}{2}$ teaspoon pepper

$\frac{1}{4}$ cup vinegar

$\frac{1}{2}$ teaspoon paprika

$1\frac{1}{2}$ teaspoon salt

1. Put ingredients in a jar; cover; and shake well.

French dressing variations

Garlic Dressing. Add 1 clove of garlic to the dressing and let stand for several hours, then remove.

Roquefort or Blue Cheese Dressing. Add 3 tablespoons crumbled Roquefort or blue cheese and mix.

Russian Dressing. Add 1 tablespoon tomato catsup and 1 tablespoon chopped green pepper.

Herb Dressing. Add $\frac{1}{2}$ teaspoon salad herbs.

Tarragon French Dressing. Make French dressing with tarragon vinegar and add 2 hard-cooked eggs, finely chopped.

Sweet French Dressing

Yield: 1½ cups

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| 1 teaspoon dry mustard | ½ cup sugar |
| 1 teaspoon salt | 1 teaspoon grated onion |
| 2 teaspoons paprika | 6 tablespoons vinegar |
| 1 teaspoon celery seed | 1 cup salad oil |

1. Mix dry ingredients. Add onion.
2. Add vinegar and oil alternately, beating until thick.

Low Calorie Dressing

Yield: 2/3 cup

I. For Fruit Salads

- 1 teaspoon gelatin
- 1 tablespoon cold water
- ¼ cup hot water
- 3 tablespoons sugar
- ½ teaspoon salt
- ¼ cup lemon juice
- ¼ teaspoon paprika

II. For Vegetable Salads

Add to recipe No. I

- ½ teaspoon pepper
- ½ teaspoon dry mustard
- 2 tablespoons catsup or chili sauce
- ½ teaspoon Worcestershire sauce or onion or garlic

1. Soften gelatin in 1 tablespoon cold water and dissolve in ¼ cup hot water. Add sugar and salt; cool; add lemon juice and paprika.
2. For vegetable salads, add ingredients in recipe II.
3. Shake well in covered jar. The dressing will pour like oil dressing at room temperature. It contains only 30 calories per tablespoon.

Low Calorie Tomato Juice Dressing

Yield: About 1 cup

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| ½ cup tomato juice | 2 tablespoons lemon juice |
| 2 to 4 tablespoons salad oil | ½ teaspoon dry mustard |
| 1 teaspoon salt | 1 teaspoon grated onion |

1. Combine all ingredients. Beat well with egg beater until blended or shake well in covered jar. (25 calories per tablespoon.)

Mayonnaise Dressing

Yield: 1¼ cups

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|--------------------|--|
| 1 egg yolk | Few grains red pepper or a dash of Tabasco sauce |
| ½ teaspoon salt | 2 tablespoons vinegar or lemon juice |
| ¼ teaspoon mustard | 1 cup salad oil |
| ½ teaspoon pepper | |
| 1 teaspoon sugar | |

1. Have all ingredients at room temperature.
2. Beat the egg yolk until thick and yellow.
3. Add the dry ingredients and beat until smooth.
4. Add vinegar or lemon juice.
5. Add oil, at first a teaspoon at a time, beating after each addition; then a tablespoon or two at a time.
6. Store in a cool place.

Variations:

Thousand Island Dressing. Add to 1 cup mayonnaise, 1 hard-cooked egg, chopped, $\frac{1}{4}$ cup chili sauce, 2 tablespoons catsup, 2 tablespoons chopped pimiento, 1 tablespoon chopped green pepper, 2 teaspoons chopped onion, and 1 teaspoon paprika.

Cream Dressing. To 1 cup mayonnaise, fold in $\frac{1}{4}$ cup heavy cream, whipped.

Cooked Salad Dressing

Yield: About 1 cup

2 tablespoons flour	$\frac{3}{4}$ cup water
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup mild vinegar
1 teaspoon salt	1 egg or 2 yolks
$\frac{1}{4}$ teaspoon dry mustard	2 tablespoons butter

1. Mix the dry ingredients, combine with the water, and cook in top of double boiler over direct heat until the mixture thickens slightly; place over hot water and continue cooking for about 5 minutes.
2. Add the vinegar.
3. Beat the egg and add to it about half of the hot mixture, stirring constantly; return the mixture to double boiler; continue to cook and stir until thick.
4. Add butter and blend; remove from heat and cool.

Variations

For Coleslaw. Add $1\frac{1}{2}$ tablespoons prepared mustard to 1 cup cooked salad dressing.

For Fruit Salads. Add $\frac{1}{2}$ cup heavy cream whipped stiff, 1 tablespoon lemon juice, and 2 teaspoons sugar to 1 cup cooked salad dressing.



Radish roses

Fluted cucumber slices

Carrot curls and sticks

GARNISHES FOR SALAD

Garnishes can add eye appeal to salads, but they should be simple and few in number. The flavor of the garnish should add to that of the salad.

Some garnishes suitable for vegetable and meat salads are:

- Lettuce cup edge dipped in paprika
- Sliced cucumber—scored or plain—peeled or unpeeled
- Tomatoes—quartered or sliced
- Radishes—plain, roses, or fans
- Green or red pepper—rings or strips
- Stuffed olives—sliced
- Carrots—sticks or curls
- Hard-cooked eggs—quartered or sliced

To make radish roses. Choose firm radishes free from blemishes. Scrub well with a brush. Cut off roots but leave about 1 inch of tops. Cut down sides close to skin in several places; place in ice water to open.

To make radish fans. Choose firm, rather long radishes and wash well. Cut off roots, but leave about 1 inch of the tops. Cut thin slices crosswise almost through the radish. Place in ice water so that the slices will spread fan-shaped.

To make cucumber-radish fans. Cut off ends of cucumber. Cut the long center piece crosswise into quarters. Cut thin slices crosswise almost through the cucumber. Insert slices of radishes in cucumber slashes. Chill.

To make carrot curls. Pare carrots, leaving about 1 inch of stem. Slice carrots lengthwise into very thin strips. Roll around finger, slip off, and secure with a toothpick. Place in ice water to crisp.

To make fluted cucumber slices. Draw fork tines lengthwise from end to end of cucumber. Make thin slices.

Some garnishes suitable for fruit salads are:

- Maraschino cherries
- Mint leaves
- Strawberries
- Dark fruits (plums, cherries, cooked prunes, etc.)
- Cream cheese balls
- Coconut



Hard-cooked egg quarters and slices

Pepper rings and strips

Radish fan

Stuffed olive slices

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